



# Making a difference

**2018**  
ANNUAL  
REPORT



MINNESOTA  
MEDICAL  
ASSOCIATION



JANET SILVERSMITH, CEO

## Reflecting with the Future in Mind

**It is my privilege to share this year's MMA Annual Report with you.** I assumed the role of MMA CEO on Jan. 1 and am very proud of the organization's progress over the past 12 months – a year marked by transitions and change. In this report, you will learn a bit about our recent work and accomplishments. You will also meet some MMA physicians and medical students who represent the best of medicine in Minnesota – those who are going beyond the walls of their practice (and the classroom) to improve the health of Minnesotans and who embody true professionalism.

**As satisfying as it is to reflect on the past, I am most excited about MMA's future.** Since January, the dedicated leadership and staff have been working to reimagine an MMA for the 21st century. We are finalizing a new strategic plan, working to diversify our membership and leadership, strengthening partnerships, and building new bridges and connections.

**More and more physicians are hungry for the opportunity to make a bigger difference** – in their communities, in the conditions in which many of their patients live, and in the complex health care environment in which they deliver care for patients. The MMA is where Minnesota physicians have collectively made a difference in the past, and where physicians will continue to make a difference in the future.

**This is your association – get involved;** add your voice; share your talents; contribute your expertise; recruit a colleague; celebrate the profession of medicine; make a difference. The voice of physicians matters and MMA, as the leading voice of Minnesota physicians, will demonstrate that physician leadership can make Minnesota the healthiest state in the nation and the best place to practice medicine.

I hope you enjoy the enclosed highlights from the past year and will continue to support MMA on our journey moving forward.

A handwritten signature in black ink that reads "Janet L. Silversmith". The signature is written in a cursive, flowing style.

JANET L. SILVERSMITH  
MMA CEO

## 2018 Officers

### PRESIDENT

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### PUBLIC HEALTH

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## Issue-Specific MMA Task Forces

### HEALTH EQUITY ADVISORY GROUP

**CO-CHAIRS Christopher Reif, MD, MPH,**  
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Canadian Pacific Railway and Specialists in  
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**CHAIR William Nicholson, MD,** St. John's  
Hospital, Maplewood

## MMA Foundation

**BOARD PRESIDENT Marilyn Peitso, MD,**  
CentraCare Clinic, St. Cloud

## MMA Policy Council

**CHAIR Lisa Mattson, MD,** Plymouth

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**Bruce Gregoire** (medical student)

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**Thomas Mulrooney, MD**

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**Spencer Pruitt, MD**

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**Elizabeth Fracica, MD**

**Randy Hemann, MD**

**Kathryn Lombardo, MD**

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**Ashok Patel, MD**

**Noel Peterson, MD**

**Neel Shah, MBChB**

**Annabelle Soares** (medical student)

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### MEDICAL STUDENT SECTION APPOINTEE

**Nathan Ratner** (medical student)

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**Douglas Wood, MD**

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**Michael Baich, MD**

**Elisabeth Bilden, MD**

**Amy Boles, MD**

**James Dehen, MD**

**Britt Ehlert, MD**

**Daniel Heinemann, MD**

**Robert Koshnick, MD**

**Ahmed Pasha, MD**

**Lynne Steiner, MD**

**Tom Witt, MD**

# Healthiest in the Nation

*Working to address public health crises and helping all Minnesotans gain access to care*



## **Confronting gun violence**

Following the mass shooting at a Parkland, Florida, high school, the MMA released a comprehensive policy statement on the public health crisis associated with gun violence. In it, the MMA called for gun laws that will promote safe and responsible gun ownership, including criminal background checks on all purchases and transfers/exchanges of firearms; enforcement of laws that will hold sellers accountable when they sell firearms to prohibited purchasers; investment in improved data collection, analysis, and research on firearm injury prevention; and, a renewal and strengthening of the assault weapons ban, including banning high-capacity magazines.

At the State Capitol, efforts to pass “common sense” laws to curb gun violence stalled. Specifically, these bills sought to implement universal background checks for all purchases, provide authority for law enforcement to remove a gun if a person is a danger to self or others, and increase authority to do research on gun-related injuries and death.

In May, the MMA sent a letter to the Minnesota Congressional delegation calling for action on the issue.

## Tackling the opioid epidemic

At the state Capitol, the MMA worked to reduce the harm of opioid use by supporting investments in patient and prescriber education programs, expanded addiction treatment programs, and the embedding of the Prescription Monitoring Program (PMP) into EHRs. Despite bipartisan support to address the opioid epidemic, efforts to pass legislation were unsuccessful. An opioid stewardship bill, which would have assessed a fee on opioid manufacturers, faced stiff opposition by House leaders, PhRMA, the Minnesota Chamber of Commerce and other stakeholders. The assessment would have funded the MMA-defined goals, and would have also adopted guidelines on opioid prescribing.

In 2018, the MMA continued to add content to its online Pain, Opioids and Addiction Lecture Series, a partnership with the Steve Rummier Hope Network and the University of Minnesota Medical School. By mid-2018, 30 lectures were available for viewing online. Since its launch in 2014, these lectures have been viewed by more than 5,700 health care professionals around the world including 47 states, the Caribbean, Europe, Asia, Australia and New Zealand.



## MMA addresses health equity in series of sessions

Large health disparities exist between Minnesota's various populations – be they African American, Latino or members of the LGBTQ community. In 2018, the MMA worked to shine a light on this issue and to identify ways for physicians to address the gaps.

More than 100 physicians and health care advocates gathered in downtown St. Paul in late January to examine the current state of health equity in the state and discuss ways to improve care for all Minnesotans. The forum was the culminating event for Health Equity Month, which was proclaimed by Gov. Mark Dayton in late 2017. The MMA also conducted an online educational event on health equity prior to the in-person event.

In May, the MMA hosted an event at the University of Minnesota on LGBTQ health. A panel of experts and keynoter explored the various barriers to care that most in the LGBTQ community face in the state. As with the January health equity event, the MMA held an online educational event on LGBTQ health prior to the in-person forum.



*Making Minnesota a place where  
physicians can focus on their patients*

# Best Place



## Efforts to reduce administrative burdens results in new law

For the past three legislative sessions, reforming medication prior authorization practices in Minnesota has been a top MMA priority. While it has been a frustrating journey at times, this past session produced a positive outcome when Gov. Mark Dayton signed into law a proposal that will give physicians and other prescribers expanded ability to override step therapy requirements.

With the law's passage, physicians and prescribers will be able to seek an override of a health plan's step therapy requirement for a patient if they meet certain conditions. Among those criteria are a demonstrated pattern of failure for a therapy the patient had previously tried, or if the patient is currently receiving a positive therapeutic outcome on a prescription.

The law is intended to help physicians prescribe drug therapies with demonstrated success for a patient, rather than forcing patients to repeat "fail first" requirements for drugs shown to be ineffective or that cause adverse side effects. The law was supported by an array of patient advocacy groups, as well as the MMA and other health care providers.



## One year to go before provider tax repeal

In anticipation of the 2019 sunset of the provider tax (often referred to as the sick tax), the MMA in 2018 confirmed its commitment to the safety net programs that benefit from its revenue – namely MinnesotaCare and Medical Assistance. In order to avoid disruptions in coverage for low-income, vulnerable Minnesotans that the 2019 repeal might cause, the MMA expects to lead the effort to define alternative sources of financing for consideration by the Minnesota Legislature. Since the provider tax was instituted in 1992, the delivery and financing of health care has changed dramatically, and the MMA intends to find a better option for 21st century health care.

# *to Practice*

## **MMA joins legal fight to protect physicians and how they practice**

The MMA advocates for Minnesota physicians through the courts by filing amicus briefs in cases with the potential to impact how physicians practice and provide care to their patients. This past June, the MMA filed an amicus, or “friend of the court” brief, with the Minnesota Supreme Court in a medical malpractice case to prevent meritless malpractice actions against physicians and protect the ability of physicians and allied professionals to collaborate to enhance patient care. The case is still in progress.



## **A continued fight to align Minnesota with HIPAA standards**

The MMA’s legislative team continued its efforts to urge lawmakers to align the state’s privacy standards with HIPAA. Minnesota is one of only a few states that require patients to “opt in” to sharing their medical information to provide optimal care coordination and other operational uses. Managing Minnesota’s unique law results in increased administrative burdens, challenges care coordination, and puts patient safety and care at risk. The bill, which eventually stalled, would have aligned Minnesota law with HIPAA for issues related to treatment, payment and operations.



# Advancing Professionalism

*An ongoing commitment to the recognition of physicians as central to the health of communities*



## **Overflowing crowd advocates for medicine at Day at the Capitol**

More than 120 physicians and physicians-in-training gathered for MMA's annual Day at the Capitol in March to meet with legislators and discuss MMA's top legislative priorities: fighting the opioid epidemic and ensuring patients have access to needed medications.

Before meeting with legislators, attendees heard from new Health Commissioner Jan Malcolm and Sen. Julie Rosen (R-Vernon Center), who described her efforts to address the abuse and misuse of opioids.

Following the Capitol event, the group convened for a reception at St. Paul's University Club, where they were addressed by Rep. Roz Peterson (R-Lakeville), the author of several MMA-supported patient protection measures related to drug pricing, and Sen. Matt Klein, MD (DFL-Mendota Heights), an MMA member and one of two physicians in the Senate.



## Celebrating medicine, peer to peer

This year, we re-branded our free social gatherings for physicians, residents and medical students and called them the “Doctors’ Lounge.” We strengthened the program by adding a short agenda. In St. Cloud and Mankato, we had a brief discussion on the various efforts to pass Tobacco 21 ordinances in Minnesota cities. In the Twin Cities and Rochester, our lobbying team reported on the 2018 session. In addition, we offered hors d’oeuvres, wine, beer and other beverages for guests. These social events are designed to celebrate medicine, thank our members, welcome new and prospective members. It’s a perfect, relaxed setting for physicians and physicians-in-training to connect and discuss the issues of the day.



## Working together

Physicians are louder and stronger when they blend their voices together. In 2018, the MMA continued to collaborate with the state’s specialty societies. Here’s how: MMA leadership and representatives from specialty societies gathered to discuss top strategic priorities for health care in Minnesota; we partnered with several specialties to host our Health Equity Forum in January, our annual Day at the Capitol in March and our LGBTQ Health Forum in May; we continue to provide lobbying services under contract for four specialty groups (Minnesota Academy of Family Physicians, the Minnesota Chapter of the American Academy of Pediatrics, the Minnesota Orthopaedic Society and the Minnesota Academy of Otolaryngology); and we partnered with more than 10 specialty societies in the state to provide continuing medical education to Minnesota physicians.



*No one has to tell you — being a physician is a full-time job. But some individuals find ways to fit even more activities into their daily lives. In 2018, the MMA recognizes seven physicians and two medical students who have gone beyond their day-to-day duties to help improve health care in Minnesota.*

# Members Making a Difference



## **Julie Anderson, MD**

Anderson, a family physician in St. Cloud, has got her hands full. This year, she opened a new practice offering direct primary care called Simplicity Health Direct. On top of her new business, she's busy advocating

for medicine. She has testified on behalf of a Tobacco 21 ordinance with the St. Cloud City Council (it passed, but was vetoed by the mayor). She also has been an active member in both her state and national specialty societies. She's a past president of the Minnesota Academy of Family Physicians, serves as a Minnesota delegate to the American Academy of Family Physicians (AAFP) and is a member of AAFP's Commission on Governmental Advocacy. She also serves as vice president of the AAFP Foundation.



## **Matt Klein, MD**

Klein is one of two physician senators at the Minnesota State Capitol, and a proud member of the MMA. Since his election in 2016, he has juggled his legislative duties with his work at Hennepin Healthcare. He is a member

of the Senate Health and Human Services Finance and Policy committee, and the Human Services Reform Finance and Policy committee. His experiences as a physician allow him to bring a needed perspective to health care legislation. Klein has also lent his voice to the MMA's advocacy efforts as a speaker at the past two Day at the Capitol events.



## **Tom Kottke, MD, MSPH**

Kottke has become quite the champion for public health. Along with his day job as a clinical cardiologist and HealthPartners'

medical director for well-being, Kottke has been a strong advocate for gun control efforts at the State Capitol, as well as various Minnesota cities' ordinances to prohibit tobacco sales to those under 21. His commitment to improving patient health goes way beyond the exam room. He has also been active with the Twin Cities Medical Society serving as its president this past year.



## **Lisa Mattson, MD**

Mattson believes in getting involved and making a difference. She was recently honored with the Distinguished Service Award from her alma mater, Macalester College, because of this attitude. The

ob/gyn has advocated for medicine in Washington, D.C.; volunteered for the Phillips Neighborhood Clinic; and served as director of the University of Minnesota's Women Health Clinic, where she introduced transgender services. She is currently chair of the MMA's Policy Council, a member of the MMA Board of Trustees, and acting speaker of the MMA's House of Delegates.



## Stephen Nelson, MD

Although Minnesota is known globally for its health care expertise, we are behind the curve when it comes to health equity. Nelson, a pediatric hematologist and oncologist, is trying to change that. He has made health equity in Minnesota his rallying cry. He has led webinars on implicit bias in the practice of medicine and has been an active participant in health equity activities including serving on two MMA advisory groups and taking part in the MMA's Health Equity Forum in January and the LGBTQ Health Forum in May.



## Will Nicholson, MD

Nicholson, a family physician and hospitalist at St. John's in Maplewood, has long been active in MEDPAC, the MMA's political action committee. This past year, he upped the ante by becoming its chair. Nicholson's interest in politics began while a medical student when he took a road trip to Iowa to participate in the Presidential caucus system to experience grassroots politics first-hand. Nicholson is engaging physicians in political action to promote the MMA's legislative agenda. He's another fine example of acting to promote a healthier state through advocacy.



## Vic Sandler, MD

This palliative care expert at Fairview Home Care and Hospice has been the co-chair for POLST MN Steering Committee for several years. In this work, Sandler has raised awareness about POLST and how physicians can better serve patients with serious illnesses and avoid unwanted treatment at the end of life. Sandler is the co-chair of the Ethics Committee at the University of Minnesota Medical Center, faculty for the University of Minnesota Medical School Hospice and Palliative Medicine Fellowship program, and president of the Minnesota Network of Hospice and Palliative Medicine Physicians.



## Tracy Marko and Tom Schmidt

These two University of Minnesota students are leading the Medical Student Sections' Hands on Advocacy initiative this year. From Day 1, Marko and Schmidt have demonstrated their commitment to the project and the important issue that they were tasked to address – the opioid epidemic. Their dedication to working on how the next generation of physicians can address the opioid epidemic is to be commended, and no two medical students are more deserving of recognition.

## Making A Difference Locally

### MMA's Component Medical Society Leaders

#### HEART OF THE LAKES

PRESIDENT

Robert A Koshnick Jr., MD

#### SOUTH PARK REGION MEDICAL SOCIETY

PRESIDENT Sandra L Johnson, MD

#### FREEBORN COUNTY MEDICAL SOCIETY

PRESIDENT John Schulz, MD

#### STEARNS BENTON MEDICAL SOCIETY

PRESIDENT Patrick Zook, MD

#### GOODHUE COUNTY MEDICAL SOCIETY

PRESIDENT John L Goeppinger, MD

#### STEELE COUNTY MEDICAL SOCIETY

PRESIDENT Grant D Heslep, MD

#### HEADWATERS MEDICAL SOCIETY

PRESIDENT Mark S Dwyer, MD

#### TWIN CITIES MEDICAL SOCIETY

PRESIDENT

Thomas E. Kottke, MD, MSPH  
CEO Ruth Parriott

#### UPPER MISSISSIPPI MEDICAL SOCIETY

PRESIDENT

Nicholas P Bernier, MD Retired

#### MCLEOD-SIBLEY COUNTY MEDICAL SOCIETY

PRESIDENT Brian R Bonte, DO

#### WEST CENTRAL MINNESOTA MEDICAL SOCIETY

PRESIDENT John F Stock, MD

#### RED RIVER VALLEY MEDICAL SOCIETY

PRESIDENT Sanjay G Patel, MBBS

#### WRIGHT COUNTY MEDICAL SOCIETY

SECRETARY Robert G Milligan Jr, MD, MS, FAAFP

#### RICE COUNTY MEDICAL SOCIETY

PRESIDENT

Mary Jane M Tetzloff, MD

#### ZUMBRO VALLEY MEDICAL SOCIETY

CO-CHAIR/PRESIDENT

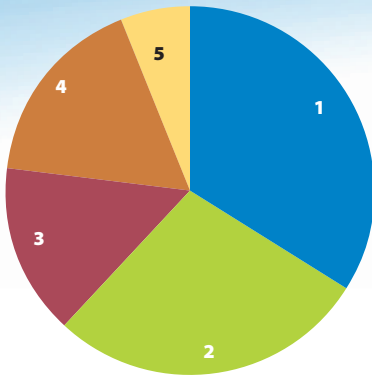
Dionne Hart, MD

CO-CHAIR/PRESIDENT

Ashok Patel, MD

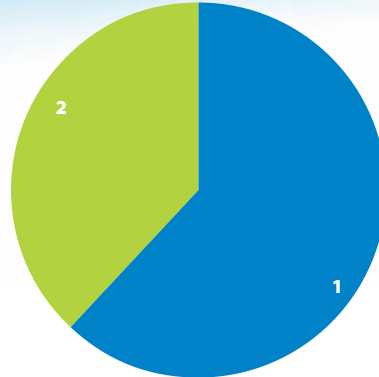
EXECUTIVE DIRECTOR Beth Kangas

## 2018 Financial Highlights



### How your dues are used

- GOVERNANCE 34%**  
MMA Board, AMA delegation
- ADVOCACY 28%**  
Legislative and regulatory lobbying, payer relations, quality, public health
- MEMBERSHIP 17%**  
Member relations, Annual Conference, outreach, education, events
- COMMUNICATIONS 15%**  
*Minnesota Medicine*, *MMA News Now*, website, special reports
- OTHERS 6%**  
Accreditation, co-sponsorships, credentialing, component society staffing



### Total MMA Revenue: \$3.17M

- DUES 62%**  
Dues payments from members
- NON-DUES REVENUE 38%**  
Includes:
  - revenue earned from advertising sold in *Minnesota Medicine*, *MMA News Now* and on the MMA website
  - revenue earned by the MMA for accreditation, sponsorships and lobbying support for medical specialties
  - income from investments, grants and events.

## Membership Overview

Year	Total Members	Year	Total Members
2000	9,089	2009	11,330
2001	9,162	2010	11,250
2002	9,109	2011	10,106
2003	9,116	2012	10,347
2004	9,297	2013	9,998
2005	10,858	2014	10,309
2006	10,835	2015	10,257
2007	10,909	2016	10,171
2008	10,969	2017	10,260
		2018	10,637*

\*Numbers as of Aug. 3, 2018

## Membership Types

Member Type	2018 Count
Regular	4,426
Resident/Fellow	2,945
Retired	1,497
Student	1,770

## Membership

NORTH CENTRAL TRUSTEE DISTRICT	397
South Park Region. . . . .	56
Stearns-Benton. . . . .	248
Upper Mississippi . . . . .	66
West Central . . . . .	17
Wright . . . . .	10

NORTHWEST TRUSTEE DISTRICT	242
Headwaters. . . . .	119
Heart of the Lakes Region . . . . .	59
Red River Valley . . . . .	64

SOUTHEAST TRUSTEE DISTRICT	4,039
Freeborn. . . . .	47
Goodhue . . . . .	70
Rice . . . . .	35
Steele. . . . .	64
Wabasha. . . . .	10
Winona . . . . .	14
Zumbro Valley . . . . .	3,799

SOUTHWEST TRUSTEE DISTRICT	576
McLeod-Sibley . . . . .	21
Nicollet-Le Sueur . . . . .	27
Prairie . . . . .	522
Waseca. . . . .	6

TWIN CITIES TRUSTEE DISTRICT	4,666
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### AT LARGE 717

Physicians in areas without a component medical society are considered "at-large" members unless they choose to join an adjacent society. Current at-large areas include the Northeast Trustee District, which contains areas formally covered by the Lake Superior Medical Society and Range Society; areas of the North Central Trustee District including Mille Lacs, Kanabec, Pine, Sherburne, Isanti and Chisago counties; and Wilkin, Otter Tail and Mower counties.

## TOTAL 10,637

Counts include: regular/active, retired, students, residents/fellows

Note: Resident and Student numbers fluctuate throughout the year.



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